Long and triple jump

The planning considerations that are common to all curriculum activities can be found in the CARA generic template. These must be considered as well as the activity-specific considerations outlined below.

Activity scope
This guideline relates to student participation in long and triple jump as a curriculum activity, including skills development, training and competitions.

Mandatory/special requirements
Mandatory requirements must be met for the activity to be conducted. Special requirements are to be considered in the planning and delivery of this activity.

Guidelines/codes of practice are established for this activity. Refer to Athletics Australia.

Risk level
- **Medium** risk: Teaching of long jump and triple jump skills, training and competitions.

Minimum supervision requirements
- Supervise the approach, landing and take-off areas.

Minimum qualifications for supervisors
- A registered teacher with competence (knowledge and skills) in the teaching of long jump and/or triple jump.
  OR
- A registered teacher or other activity leader with Level 2 Intermediate Club Coach accreditation from Athletics Australia. This course may be undertaken through the Get Active Queensland Accreditation Program (Athletics coaching Part A for long jump or Athletics coaching – Part A and B for triple jump).

Minimum requirements for equipment/facilities
- Approach and take-off areas that are level and have an even surface. Note: If mats are used for take-off, they are to be secured/pegged down on all corners.
- A landing area that measures not less than 2.75m wide and no less than 10m from the take-off area in length (refer to International Association of Athletics Federation [IAAF] Technical Rules for further information).
- Sufficient sand to absorb impact from landings.

Hazards and controls

<table>
<thead>
<tr>
<th>Hazards</th>
<th>Control measures</th>
</tr>
</thead>
</table>
| Environmental conditions             | • Ensure the take-off area is clearly visible, flat, level with the ground surface and secure. A rigid board may be replaced with carpet or similar material.  
  • Ensure the type of take-off area is taken into consideration if spikes are going to be worn. |
<table>
<thead>
<tr>
<th>Hazards</th>
<th>Control measures</th>
</tr>
</thead>
<tbody>
<tr>
<td>• When using a wooden take-off board, ensure students wear shoes or have their feet correctly taped to avoid small splinters. &lt;br&gt;• Mark out a variety of take-off points for triple jump to ensure students can reach the landing area. &lt;br&gt;• Ensure the landing area is: &lt;br&gt;  - free from foreign objects (e.g. glass, rocks, needles, wire etc) prior to the activity and prior to jumping; &lt;br&gt;  - inspected regularly throughout the activity for foreign objects; &lt;br&gt;  - cleaned and sanitised where necessary; &lt;br&gt;  - raked and levelled after each jump; and &lt;br&gt;  - cleared before students commence their approach.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Equipment</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Check all equipment before use. &lt;br&gt;• Ensure rakes, forks and shovels are not left unattended in or beside the jumping area and if placed on the ground, they have prongs facing downwards. &lt;br&gt;• Ensure markers are not left in or adjacent to the pit. &lt;br&gt;• Instruct students regarding safety procedures in the use of spikes, where appropriate. &lt;br&gt;• Ensure length of spikes does not exceed 7mm for 10-12 age groups and conform to <a href="http://www.iaaf.org/about-iaaf/documents/rules-regulations">IAAF Competition Rules</a> and local venue/surface standards for 13-19 age groups.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Student considerations</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Ensure all jumping takes place from one direction only.</td>
</tr>
</tbody>
</table>

**Additional links**

- Athletics Australia Facilities and Equipment  
- Australian Track and Field Coaches Association  
- International Association of Athletics Federations Competition Rules 2012-2013  
- Queensland Athletics Coach Education Overview  
- Queensland School Sport Unit  
  [https://queenslandschoolsport.eq.edu.au/Pages/default.aspx](https://queenslandschoolsport.eq.edu.au/Pages/default.aspx)
- Sports Medicine Australia Injury Fact Sheets  

**Disclaimer:**

This document is developed and distributed on this website by the State of Queensland for use by Queensland state schools. Use or adaptation of, or reliance on, this document or information in this document by persons or organisations other than the State of Queensland is at their sole risk. All users who use, adapt or rely on this document or any information in this document are responsible for ensuring by independent verification its accuracy, currency and appropriateness to their particular
circumstances. The State of Queensland makes no representations, either express or implied, as to the suitability of this document or the information in this document to a user’s particular circumstances.

To the full extent permitted by law, the State of Queensland disclaims all responsibility and liability (including without limitation, liability in negligence) for all expenses, losses, damages and costs arising from the use or adaptation of, or reliance on, this document or any information in this document.

Links in this document to external websites are for convenience only and the State of Queensland has not independently verified the information on the linked websites. It is the responsibility of users to make their own decisions about the accuracy, currency, reliability and correctness of the information at these external websites.